

Yeoman Class - Skills Checklist

6/29/2010

Name: _____

Each Yeoman will complete the following tasks and when done successfully the task will be checked off by their mentor. They will demonstrate good communication between helm and crew in all tasks.

Tacking: Yeoman as crew. Complete series of consecutive tacks to demonstrate tacking the jib.

- Tack from closehaunched to closehaunched
- Tack from beam reach to beam reach

Gybing: Yeoman as crew. Complete series of consecutive gybes to demonstrate gybing the jib.

- Gybe from beam reach to beam reach
- Gybe from broad reach to broad reach
- Gybe from run to run.

Tacking: Yeoman on helm. Complete series of consecutive tacks to demonstrate tacking the main, steering and getting the boat back up to speed and on course.

- Tack from closehaunched to closehaunched
- Tack from beam reach to beam reach

Gybing: Yeoman on helm. Complete series of consecutive gybes to demonstrate gybing the main, steering and getting the boat back on course.

- Gybe from beam reach to beam reach
- Gybe from broad reach to broad reach
- Gybe from run to run.

Safety Position: Yeoman on helm.

- Go to safety position from any point of sail.

Boat handling: Yeoman on helm.

- Turn boat 360 degrees
- Turn boat 720 degrees
- Quickly turn the boat directly into the wind with the boom over the centerline of the boat. Maintain that position briefly and before boat stops resume sailing.
- Go to Heave-To position by tacking and not releasing jib
- Go to Heave-To position without tacking
- Sail up to buoy (acting as dock) and stop the boat so it just touches buoy then sail away.

Boat handling: Yeoman on helm.

- Demonstrate proper course and sail trim on closehaunched point of sail
- Demonstrate proper course and sail trim when on beam reach point of sail
- Demonstrate proper course and sail trim when on broad reach point of sail
- Demonstrate proper course and sail trim when on run point of sail
- Luff head to wind and have crew backwind the jib to turn the boat.
- Luff head to wind and have crew backwind the main to turn the boat.
- Luff head to wind until boat starts to move backwards. Use tiller to turn boat and get it moving forward.

Boat handling: Yeoman as crew.

- Backwind the jib to turn the boat when boat is luffed up into the wind